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One billion youth at risk of damage: WHO.

PAGE 17



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PETRY HEADED EAST

Detroit Red Wings' Pavel Datsyuk and Edmonton Oilers Jeff Petry, centre, battle for the puck during a game at Rexall Place in January. The Montreal Canadiens made the first major move on the morning of the NHL's trade-deadline day Monday by acquiring Jeff Petry from the Oilers for draft picks. JASON FRANSON/THE CANADIAN PRESS FILE

Mental health support for kids reaches milestone

Opening doors. Hope is children will get the help they need at a younger age



JEREMY NOLAINS

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Getting to kids early and working to keep the whole family healthy are being touted as keys to improving access to mental-health services for Alberta youngsters.

In the final quarter of 2014, 93 per cent of children in need of mental-health counselling, treatment or other services were reached within 30 days. The mark was a milestone of sorts, as it was the first time Alberta Health Services had crossed the 92 per cent target it set out in a five-year health action plan released in 2010.

But much work still remains, according to Laura Calhoun, provincial medical director for addiction and mental health.

"We would certainly like to have more capacity in the programs we have," she said. "We'd like to have a counselor in every single school."

Currently, there are 79 counsellors provided by AHS in Alberta schools and dozens more are targeted through prevention and promotion work.

The hope is that children will get the help they need at an early age and, at the very least, if problems persist into the later years, they will know where to turn for help.

Calhoun said there does appear to be an increase in youth suffering from depression and anxiety disorders, but said it's difficult to quantify because more youngsters appear willing to come forward.

"There's just a bit less stigma," she said. "People are coming forward more, the door's opened a bit."

For the entire 2013-14 year, 87 per cent of children were offered scheduled mental-health services within 30 days.

New services aim to appeal to youth in need. See story, page 6.

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Politics

Prentice driving hard line with public sector workers

The Alberta government will be less generous with public sector workers, but they could soon have broader rights to strike under proposed changes, Premier Jim Prentice said Monday.

Prentice announced a new working group that would look at centralizing the collective bargaining process to make sure the province isn't forced to pay unsustainable increases.

"It hasn't worked well in the past. There hasn't been enough co-ordination. There hasn't been enough discipline," he said.

Prentice said over the next three years, the province is already on the hook for \$2.6 billion worth of wage increases.

"Successive governments have repeatedly approved costly wage increases over the last 10 years leaving taxpayers on the hook," he said.

Currently, Alberta labour legislation avoids strike or lockout through the use of binding arbitration. Labour minister Ric McIver said it is past due for an update.

"The legislation we have right now for labour hasn't been revamped in decades and so it's time to look at it," he said.

Alberta Federation of Labour president Gil McGowan said public sector workers make more than their counterparts in other provinces, but so do all workers.

He said the real problem is revenue, which Prentice should address.

RYAN TUMILTY/METRO



The Roxy Theatre caught on fire in the early morning on Jan. 15, with the cause still unknown, say city officials. METRO FILE

Roxy Theatre gets new temporary venue

Investigation. Cause of fire still unknown



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Roxy Theatre owners have decided on a new option south of the river for their 2015-16 season while they wait for a new venue on 124 Street.

Effective in the fall, the C103 venue on Gateway Boulevard will hold future performances while theatre officials await the cause of the blaze that destroyed

their previous home.

"It's already an existing theatre venue and it was available and open for us to move in," said Taylor Chadwick with the Theatre Network, which operates the Roxy Theatre.

The rest of the Roxy Theatre performance are being held at the Backstage Theatre for the remainder of the current season, with the new venue being at the ATB Financial Arts Barns.

Fire emergency services spokespersons say there's no update on the Roxy fire investigation at this point.

No opening date is slated for Theatre Network's debut in their new venue, but the

At a glance

- The Backstage Theatre is a warehouse storage space at the north end of the ATB Financial Arts Barns.
- The Roxy was a 198-seat live performance venue converted from the original 1938 cinema.
- This year represents the 40th season of shows.

atre spokespersons say they will make plans to eventually move back to 124 Street following the fire investiga-

tion.

"This is a temporary thing until we get our new home sorted," said Chadwick. "We're still dealing with insurance. It's a long, long road."

The Roxy Theatre — also home to Theatre Network — caught on fire in the early morning of Jan. 15, leaving performers looking for a temporary new home. The 77-year-old building was completely destroyed so performers turned to Eastglen High School to host one show. Shortly after, a joint partnership has allowed them to host performances at the Backstage Theatre.



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NEWS

AHS won't increase funding for midwives despite long wait lists

Health. About 800 women waiting for service since autumn

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Despite an overwhelming demand across the province for more midwives, Alberta's health authority won't be dishing out more funding for the alternative birthing service as it negotiates a new agreement.

At the end of the month, the Memorandum of Understanding between the Alberta Association of Midwives and Alberta Health Services expires.

While both groups are negotiating a new deal, the province won't be increasing the level of funding for the service.

"The fiscal climate in Alberta has experienced a rapid

Alternative care

AHS expects 2,374 families will receive care from a midwife in 2014-15.

downward change in the past two months. Those circumstances have an impact on how much funding various programs or services receive," said AHS spokesperson Kerry Williamson in an email.

Since 2009, the province has funded midwives as an alternative care option for pregnant woman. Currently there are 90 midwives, who assist with 4.1 per cent of pregnancies and 3.5 per cent of deliveries.

While AAM president Joan Margaret Laine couldn't comment on the new deal, she did note that the demand for midwife services throughout the province exceeds the supply

"considerably."

"There are wait lists at every practice in the province," she said. "There are some areas of the province where women don't even bother applying if there are not midwives that are serving that area."

Places like Fort McMurray, which have approximately 1,400 births each year, don't have access to midwives.

For expecting mothers in Edmonton who want a midwife, the chances of ending up on a waiting list are great.

"The second your pee-stick is positive ... that's when you have to apply to get a midwife and we recommend you apply at all practices in the city to even have a chance," said Renee Walker, who works at the city's only birthing centre, the Lucina Centre.

Walker estimated the centre has approximately 100 women on their wait list.



The Lucina Centre's Renee Walker said the city's only birthing facility has approximately 100 women on a wait list, hoping to have a midwife delivery. LEAH HOLOIDAY/METRO

Hardisty residents search for ways to revitalize



Lana Brenneis stands in front of her children's school, St. Gabriel. METRO FILE

One Edmonton community is taking lessons learned from a potential school closure to brainstorm ways of revitalizing its maturing neighbourhood.

Members from the Greater Hardisty area met last week to come up with solutions to a common problem for maturing neighbourhoods — what happens to infrastructure when young families grow up?

Heading up the Greater Hardisty Community Sustainability Coalition, Lana Brenneis said the community identified current issues facing the neighbourhood, including an aging

population with nowhere to downsize.

"We realize we will not get back to the level of population that we had in the '70s and the '90s even, but we can have some sort of recovery of population groups," said Brenneis. "Right now our neighbourhoods are skewed at the upper end of the demographic scale, where we have a lot of 65-plus.

"That's impacting our school population."

After Edmonton Catholic Schools considered closing the area's elementary St. Gabriel's last year, Brenneis said it was a wake-up call for the community to come up with solutions that could revitalize the neighbourhood.

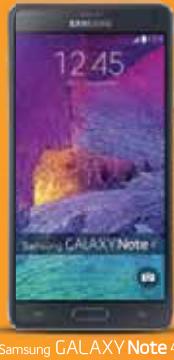
"The whole approach that we don't want to change ... isn't realistic anymore. That's the message we're trying to send to people: Change is happening."

Coun. Ben Henderson called the groups' initiative impressive. "I think there was a recognition to a certain extent that change is inevitable but this is a chance to articulate where they want to go and how they want to manage that change," he said. LEAH HOLOIDAY/METRO

Population growth

- The Greater Hardisty area includes Capilano, Forest/Terrace Heights, Fulton Place and Goldbar.
- According to the city census, 60 mature and 47 established neighbourhoods saw population increases, with more than 11,000 people migrating to the more-established areas.

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FIND NEW ROADS

Calgary crisis centre amps up technology to meet youth needs

Mental health. Teens in distress more likely to text or talk online

Teens in need are more often flipping open their computers or relying on their thumbs, rather than their voices, to reach out.

In 2013, Distress Centre Calgary became the first crisis centre in the country to launch a text-message service. Last year, popularity of the program, known as ConnecTeen, shot up 194 per cent.

"It's not to say that we're getting so many more teens contacting us, it's just a preferred means of communication," said Michelle Wickerson, senior manager of organizational performance. "Our phone contacts with youth have been totally dwindling ... the way we look at it is we want to reach out to them in whatever way is going to be easiest for them to access."

The centre also offers an online chat service daily from 5 to 10 p.m. and is working on building up its volunteer base to expand the service to 3 p.m. to midnight by the end of 2015's first quarter.

The chat offering is more time consuming, according to Wickerson, with some conversations spanning an hour or more, where a call would last 10-20 minutes.

But the key, she said, is to



Michelle Wickerson, senior manager of organizational performance for Distress Centre Calgary, said her group is expanding its online chat times and has seen a surge in teens using text messaging to reach out for help. ROBSON FLETCHER/METRO

"make the experience as welcoming and as easy and comfortable as possible for them," as the centre is often the first place a teen may turn for help. Still, Wickerson said the centre is "one small piece of the puzzle" and the hope is that a good experience will give the youth the confidence to seek further help.

"As a crisis service, the stakes

are pretty high," Wickerson said.

At Edmonton's Crisis Support Centre, executive director Nancy McCalder said there has been an increase in youth users accessing the groups' programming over the last two years.

In 2013, youth made up 14 per cent of crisis chat calls and in 2014, it was 21 per cent.

While the centre doesn't

necessarily target a younger demographic, McCalder said they do hear from teens in a number of different ways.

"Youth, we know, will try and reach out in ways that are different from the telephone because we know they're not necessarily comfortable on the phone," she said.

McCalder suggested society has become more understand-

ing of mental-health issues in recent years, making it easier for people, including youth, to feel comfortable talking about problems.

"The government has very clear targets and we're recognizing mental health is a player in a lot of the social issues that we're dealing with," McCalder said.

JEREMY NOLAIS & LEAH HOLODAY/METRO

Court. Mom to be sentenced in child abuse case

Edmonton social worker Sheli Steil remembers when two two-year-old twin girls were taken to hospital after being beaten, neglected and starved.

One of them weighed 13 pounds — the size of a six-month-old baby. She was "just skin and bones" and not expected to live.

Her sister, who was in somewhat better shape at 16 pounds, had little hair and couldn't walk. The child was fascinated when a doctor gently touched her hand, said Steil. "She was mesmerized, as if no one had ever done that before."

Steil, whose office took custody of the girls shortly after they arrived in hospital, read a victim impact statement in an Edmonton courtroom Monday at the start of a week-long sentencing hearing for the girls' mother.

The 37-year-old woman, who can't be named, has pleaded guilty to manslaughter in the death of one twin, known as M, and to aggravated assault and failing to provide the necessities of life in relation to both girls.

She has admitted that she didn't provide her daughters with adequate food and that she assaulted them over a prolonged period of time. Court hasn't heard any explanation as to why.

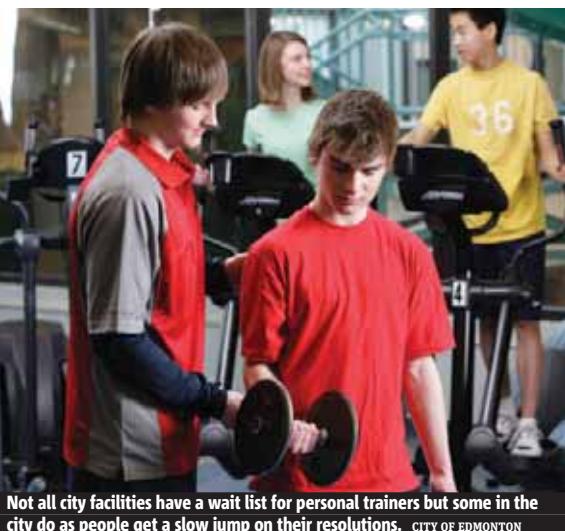
Crown prosecutor Shelley Bykewich is asking a judge to sentence the mother to between 23 and 25 years in prison. The defence is to give its recommendation later in the week. THE CANADIAN PRESS

RICK MERCER REPORT
Tonight Rick joins the celebrations at the 45th Annual Winter Carnival in Gravenhurst, ON.

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Not all city facilities have a wait list for personal trainers but some in the city do as people get a slow jump on their resolutions. CITY OF EDMONTON

Personal trainers in high demand

Exercise. City officials say it's just the ebb and flow of gyms

 **STEPHANIE DUBOIS**
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If you're looking to get a personal trainer at some of the city's recreation centres, you'll have to get in line.

According to city officials, some of the city's public gyms have wait lists for personal trainers during the high peak times for training at spots like Commonwealth and Kinsmen Community Recreation Centres as people begin to cash in on those New Year's resolutions.

"It's the January, February, March rush. Depending on how the spring falls, if it's warm out, it can start dropping, but if not, it continues into April," said Paul Robinson, management supervisor of recreation and physical activity with the city.

City officials added that the opening of the Clarkview and Meadows Recreation Centres have also put a "strain" on some of the established centres while experienced staff train employees at the newer spots, leaving fewer staff to personal train clients at times.

The personal training phenomenon isn't exclusive to city gyms, but happens to most gyms a few months

Big sales
5,538

The city sold 5,538 annual passes in December 2014, the highest month for annual passes last year.

into the year and later dipping as clients head outside, says Robinson.

City data paints a similar picture, with membership attendance at community rec centres spiking in February and March for those looking to get to their resolutions, but then slowly declining until those December and January months come around again, where it then spikes upwards.

Even the amount of continuous monthly passes sold in 2014 jumped substantially in November, December and January of this year, with 10,131 continuous monthly passes sold in December, the highest for 2014, reads city data. January of this year saw 11,859 continuous monthly passes purchased.

"People make that resolution on Jan. 1 at midnight, but it takes them awhile to get around to organizing their life so it's doable," said Robinson.

City officials say they are still hiring for staff at recreation centres but that they aren't hiring to solely fill those high-demand times but just to meet the growing demand at all rec centres.

Rexall Place

Madonna to play Edmonton in fall

The material girl is bringing her show to Edmonton, with Northlands announcing Madonna will play Rexall Place on Oct. 11.

The event will be part of the Queen of Pop's Rebel heart tour, which is set to make its way across North America.



Madonna METRO FILE

Tickets will go on sale on March 9 and will come with a digital download of the new album. METRO

Bail breach

Accused murderer Vader rearrested

A man accused of murdering two Alberta seniors has been charged with breaching his bail conditions.

RCMP say Travis Vader was arrested on the weekend near the town of Edson and charged with six counts of breach of recognizance and one count

of dangerous operation of a motor vehicle.

Vader, who is 42, is charged with two counts of first-degree murder in the 2010 deaths of Lyle and Marie McCann.

The charges were stayed last year, a few weeks before Vader was to face a jury trial, but they were reactivated in December.

THE CANADIAN PRESS

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Seattle. Sex offender who fled Canada arrested in U.S.

A high-risk sex offender who fled Canada for Seattle has been arrested in the rape of a 69-year-old woman, authorities said Monday.

Michael Sean Stanley, 49, made news reports in 2013 when he cut off an electronic monitoring ankle bracelet and crossed the U.S. border unchallenged. He's a U.S. citizen, and American authorities said they had no reason to arrest him. Canada decided not to ask for his extradition, and he registered in Seattle as a sex offender.

Stanley, formerly of Edmonton, had a criminal record in Canada that dated back

[More details](#)

Parole board documents also described a case in which Stanley broke into an elderly woman's apartment while she was sleeping and sexually assaulted her.

25 years. Before he fled, he had most recently served 32 months for luring two mentally challenged boys into an apartment, lighting a crack pipe, blowing smoke in their faces and then sexually assaulting them.

THE CANADIAN PRESS

Calgary

Courtroom packed for stabbing trial

Several people wept softly and dabbed away tears in court Monday as the preliminary hearing began for a man accused in Calgary's worst mass homicide.

It was standing room only

in the courtroom, which was jammed with friends and family members of five young people who were stabbed to death at a house party near the University of Calgary to mark the end of the school year on April 14, 2014.

Matthew de Grood, 23, is charged with five counts of first-degree murder.

THE CANADIAN PRESS

Edmonton police kick off Fraud Prevention Month

Crime. As info gets easier to obtain online, EPS says skepticism is the best defence against fraudsters

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Identity theft and other fraud cases continue to climb in Edmonton, but the majority of fraud victims fail to report the crime, say police.

On Monday, the Edmonton Police Service (EPS) kicked off Fraud Prevention Month in an effort to encourage people to become more skeptical of scenarios that seem "too good to be true."

"We're seeing a rise in the number of cases and we're seeing a rise in the number of people victimized. That's the sad reality of it," said Staff Sgt. Dan Service with the EPS Eco-

nomic Crimes Section.

In 2014, EPS saw 3,100 cases of fraud — a 16 per cent increase from 2013.

Identity theft increased by 86 per cent, while the number of cheque fraud cases jumped by 20 per cent.

One reason police are seeing such a dramatic increase is that personal information is so easily obtainable nowadays, said Service.

"You can have a conversation with somebody after doing a short little bit of research on them, on Facebook or wherever you like, and have enough information to have a conversation like you know them, like they're your friend."

While over-sharing may be the foundation of fraudulent behaviour, Service said the best way to avoid fraud is to become aware fraudsters are out there.

Police will be focusing awareness efforts on romance fraud targeting seniors, fraud aimed at young people and contractor and charity fraud.



Staff Sgt. Dan Service with the EPS Economic Crimes Section, spoke with the media Monday to kick off Fraud Prevention Month. COURTESY EDMONTON POLICE



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Our littles come from all ethnicities, backgrounds and personal circumstances. In Edmonton and area, young people are waiting for a volunteer to step forward and be their friend. If you have a couple of hours a week and want to make a difference, please join us.

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Bankruptcy numbers surge

December. Expert says downturns in provincial energy sector tend to be accompanied by rise in bankruptcies

 **RYAN TUMILTY**
ryan.tumilty@metronews.ca

The sliding price of oil appears to be crashing into Albertans' personal finances, as the province has seen a big spike in the number of bankruptcy proposals.

According to numbers released by the superintendent of bankruptcy, Alberta saw 666 bankruptcies or proposals in December, a nearly 20 per cent jump over the same month in 2013.

Gary Howitt, with bank-

By the numbers

- Nationally, there was a 10 per cent jump in bankruptcies from December 2013 to December 2014.
- In all of 2014, there were more than 8,400 bankruptcies in Alberta.

ruptcy firm Exelby and Partners, said they have seen a surge but it hasn't yet reached numbers they have seen in previous years.

"We're still seeing that the numbers are lower than they were in 2008 or 2009," he said.

Howitt said a big part of that has been changes to bankruptcy legislation that allow for people to present

more consumer proposals to their creditors. He said that, unfortunately, proposals sometimes eventually end in bankruptcy.

"It can, if a person can't manage to handle the payment under the proposal," he said.

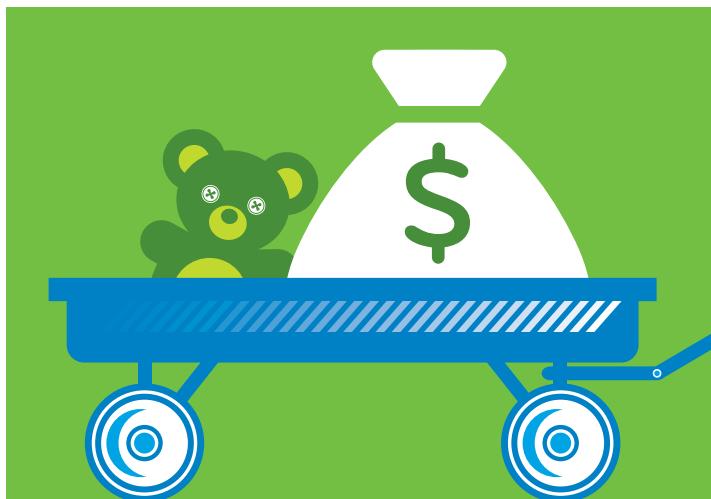
He said he has watched several downturns in the energy sector in Alberta, and they often come with a surge in bankruptcies.

"You see these trends particularly in areas like Alberta, where we are so reliant on things like the price of oil," he said.

Hard numbers aren't yet out for January and February, but Howitt said he's been busy and expects that will only continue.

"I expect, unfortunately for the world, that our industry is going to be very busy this year."

BEING A LONELY KID EVENTUALLY PAYS OFF.



People without any siblings are more likely to earn six figures than those with brothers or sisters.

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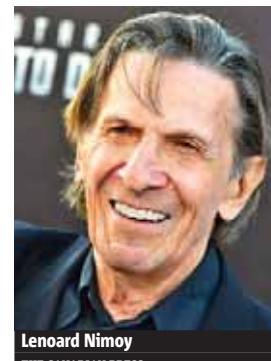
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Leonard Nimoy

THE CANADIAN PRESS

'Vulcanized' bills not illegal: Bank

Leonard Nimoy. The legendary Star Trek actor's fans posted images of the altered \$5 banknotes online following his death

It turns out there's not a lot of logic in the belief that it's against the law to Vulcanize Wilfrid Laurier's likeness on the \$5 bill.

The death of Leonard Nimoy last week inspired people to post photos on social media of marked-up banknotes with the former prime minister morphed into Spock, Nimoy's famous Star Trek character.

For years, Canadians have used pens to doodle Spock's pointy Vulcan ears, sharp eyebrows and signature bowl haircut on the bill's image of Laurier.

Contrary to what many be-

lieve, the Bank of Canada said Monday it's not illegal to deface or even mutilate banknotes, although there are laws that prohibit reproducing both sides of a current bill electronically.

Nonetheless, bank spokeswoman Josianne Menard pointed out there are reasons to resist the urge to scribble on the Canadian bills.

"The Bank of Canada feels

that writing and markings on bank notes are inappropriate as they are a symbol of our country and a source of national pride," Menard wrote in an email.

Following Nimoy's death Friday, social media users posted their own versions of Laurier's Vulcan makeover to honour the actor.

"Spock your \$5 bills for Leonard Nimoy," a group called the Canadian Design Resource tweeted alongside its depiction.

The online images of the altered bills circulated widely and attracted international media attention to something many Canadians were already familiar with. So it wasn't exactly a place that no Canadian had boldly gone to before.

Calgary artist Tom Bagley, who posted his own Spock-Laurier hybrid on Facebook and Flickr after Nimoy's death, described it as an old bar trick to impress waitresses.

THE CANADIAN PRESS



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Tunnel. Mystery 'hangout' posed no threat, say police

A mystery tunnel discovered near a Pan Am Games venue in north Toronto was built by two men who wanted a place to "hang out," police said Monday.

The pair, who were tracked down thanks to public tips, told police they built the tunnel for "personal reasons." Their explanation has been verified, Const. Victor Kwong said.

Kwong said police have determined there was no criminal intent or danger to the public. No charges will be laid.

Toronto bylaw enforcement said digging on city land would be considered trespassing, which is enforced by police.

Police are not releasing the men's names or any further



A Toronto police photo of the tunnel found near one of the venues for this year's Pan Am games. COURTESY TORONTO POLICE/THE CANADIAN PRESS

details since the case is not a criminal investigation, but Kwong said the men have no connection to York University or the Pan Am Games.

THE CANADIAN PRESS

intoxicated by phosphine, a strong pesticide. The same pesticide was also believed to have been responsible for the recent deaths of two children in northern Alberta. The report describes phosphine as a pesticide that "kills everything that lives, everything that breathes."

THE CANADIAN PRESS

Thailand

Quebec sisters likely poisoned by pesticide: Coroner

A Quebec coroner has concluded two sisters found dead in their hotel room in Thailand in 2012 were probably

Human-rights shrine bans use of selfie-stick

Self-portraits. The Canadian Museum for Human Rights says the ban will ensure the safety of the museum's visitors and its exhibits

The Canadian Museum for Human Rights in Winnipeg is joining renowned museums around the world in banning the use of selfie sticks.

The sticks are the extendable poles that hold a camera or smartphone beyond arm's length to help take group photographs or pictures of one's self.

Maureen Fitzhenry, a museum spokeswoman, says one of the main reasons for the ban is the safety of museum visitors and exhibits.

Fitzhenry says the facility is also concerned about the devices posing an obstacle to other visitors and in main-



Chris White-Ferrell takes a selfie using a selfie stick outside the Canadian Museum for Human Rights on Monday afternoon. The museum has banned the use of selfie sticks inside the building. SHANE GIBSON/METRO

taining a respectful environment, given the content of some of the exhibits.

Selfies are still allowed, but the museum asks visitors to keep to hand-held, flash-free photography and doesn't allow the use of camera tripods.

Fitzhenry says the museum hasn't had any trouble with people using the sticks so far.

In February, the Metropolitan Museum of Art in New York barred visitors from using the devices, fearing they could damage artworks.

The Met's decision followed a string of U.S. institutions outlawing selfie sticks, including New York's Museum of Modern Art, the National Gallery of Art in Washington and the Museum of Fine Arts in Houston.

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Severe climate change one factor in Syrian revolution, new study claims

Drought. Damaging four-year dry spell forced farmers to move to poverty stricken cities

The extreme drought that wreaked havoc on Syria between 2006 and 2010 was exacerbated by climate change,

and that drought may have helped trigger the country's 2011 revolution, says a provocative new study.

The revolution has since evolved into a complex war that has killed at least 200,000 people, displaced millions and involved many countries. It has also led to the birth of the Islamic State, the brutal terrorist organization that controls vast areas of Syria and Iraq.

"We are not saying climate

change caused the uprising," said Colin Kelley, a climatologist at the University of California, Santa Barbara, and lead author of the study. "What we are saying is that this multi-year drought was made more severe due to this long-term trend and that led to this chain of events."

The study was published in the journal Proceedings of the National Academy of Sciences on Monday.

Researchers say the multi-

year drought, the worst ever recorded in the region, wrecked agriculture in the breadbasket region of northern Syria, driving farmers and their families to cities where poverty and mismanagement by the Bashar Assad government was rampant. This migration came on the heels of more than 1.5 million Iraqi refugees fleeing war in their country and making home in Syria, pointed out Kelley.

"The urban population increased by 50 per cent in eight years. That is a tremendous strain on existing resources," he said. The uprising happened directly after that, he said. Droughts have been a recurring phenomenon in the Mediterranean region, including substantial ones in the 1950s, 1980s and 1990s, but concern is rising that man-made climate change is intensifying their frequency and

duration. The area called the Fertile Crescent — parts of Turkey and much of Syria and Iraq — has undergone warming of 1 to 1.2 degrees Celsius and approximately a 10 per cent reduction in wet-season precipitation since 1900, say researchers. This trend is in line with models of human-influenced global warming, said Kelley.

The region is expected to get drier and hotter.

TORSTAR NEWS SERVICE

Eastern Europe

Ukraine-conflict body count: 6,000

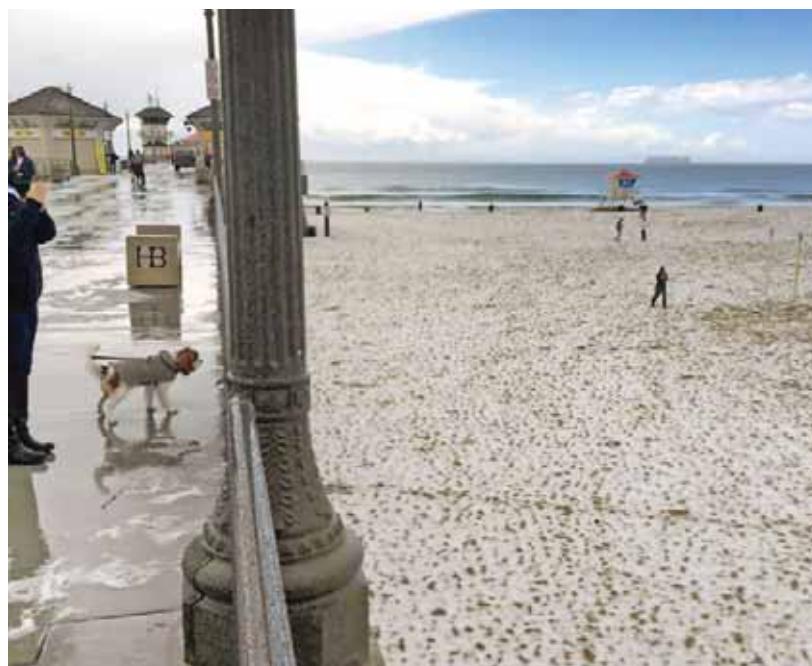
More than 6,000 people have died in eastern Ukraine since the start of a conflict that has led to "devastation of civilian lives," the UN human-rights office said Monday. Hundreds of civilians and military personnel have been killed recently after an upswing in fighting. **THE ASSOCIATED PRESS**

Kansas

Police officer says killer saluted Hitler

A man accused of fatally shooting three people at Jewish sites in Kansas declared "Heil Hitler!" and asked how many Jews he had killed after the attacks, a police officer who was at the scene testified Monday. Frazier Glenn Miller, 74, is charged with capital murder with prosecutors seeking death penalty.

THE ASSOCIATED PRESS



Life's a beach: Hail storms surprise California

Pedestrians on the Huntington Beach pier look at a beach covered with hail after a passing storm on Monday in Huntington Beach, Calif. The National Weather Service says at least an inch of icy pellets coated the sand after the system roared ashore Monday morning. **VICTOR M BRAVO/THE ASSOCIATED PRESS**

The town in question

Tikrit, the provincial capital of Salahuiddin province, 130 kilometres north of Baghdad, fell to the Islamic State group last summer, along with Mosul and other areas in the country's Sunni heartland.

Backed by Iranian-supported Shiite militias, Iraqi forces launched a large-scale offensive Monday to retake Saddam Hussein's hometown from the Islamic State of Iraq and the Levant (ISIL) group, the first in a series of campaigns to try to reclaim large parts of northern Iraq from the Sunni extremists.

Previous attempts to capture the symbolic city have failed, and hours into Monday's operation, the military said it still hadn't entered Tikrit, indicating a long battle lies ahead.

Retaking it will help Iraqi forces secure a major supply link for any future operation to retake Mosul, Iraq's second-largest city which has been under militant rule since June.

State-run Al-Iraqiya television said that forces were attacking from different directions, backed by artillery.

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Jordan joins Forbes list

Forbes. Investment in Charlotte Hornets lifted NBA Hall of Fame player onto annual list

Michael Jordan and two other NBA owners have joined Forbes' annual list of the world's billionaires.

Forbes released its list of billionaires on Monday

and noted that Jordan's net worth is estimated at \$1 billion US, thanks to his well-timed investment in the Charlotte Hornets.

Houston Rockets owner Leslie Alexander, with a net worth of \$1.6 billion, and Chicago Bulls owner Jerry Reinsdorf, worth \$1.3 billion, also made the list.

The net worth of NBA franchise values increased this past year after the sale

of the Los Angeles Clippers to Steve Ballmer for \$2 billion.

The 52-year-old Jordan, a Hall of Fame player who won six NBA championships with the Bulls, reached billionaire status last June, according to the magazine.

This is Jordan's first year on Forbes' annual list, which is typically released in March.

THE ASSOCIATED PRESS

The Top 10

1 Bill Gates, U.S.A.
Net worth: \$79.2 billion.
Source of wealth: Technology company Microsoft Corp.

2 Carlos Slim Helu, Mexico.
Net worth: \$77.1 billion.
Source of wealth: Telecommunications.

3 Warren Buffett, U.S.A.
Net worth: \$72.7 billion.
Source of wealth: Investment holding company Berkshire Hathaway Inc.

4 Amancio Ortega, Spain.
Net worth: \$64.5 billion.
Source of wealth: Retail chain Zara.

5 Larry Ellison, U.S.A.
Net worth: \$54.3 billion.
Source of wealth: Technology company Oracle Corp.

6 Charles Koch (tie), U.S.A.
Net worth: \$42.9 billion.
Source of wealth: Conglomerate Koch Industries.

6 David Koch (tie), U.S.A.
Net worth: \$42.9 billion.

Source of wealth: Conglomerate Koch Industries.

8 Christy Walton, U.S.A.
Net worth: \$41.7 billion.
Source of wealth: Retailer Wal-Mart Stores Inc.

9 Jim Walton, U.S.A.
Net worth: \$40.6 billion.
Source of wealth: Retailer Wal-Mart Stores Inc.

10 Liliane Bettencourt, France. Net worth: \$40.1 billion. Source of wealth: Cosmetics company L'Oréal.



Google takes to treetops

Google revealed images Monday taken by its Trekker device that shows what it's like to zip through trees in the Amazon jungle in South America. The images are the latest addition to the Google Maps Street View option. COURTESY GOOGLE/THE ASSOCIATED PRESS

Credit cards

Costco strikes deal with Citi, Visa

Costco says it struck a deal for Citi to be the exclusive issuer of its co-branded credit cards in the U.S., with Visa replacing American Express.

American Express said its relationship with Costco expires March 31, 2016.

Costco has been accepting MasterCards at its Canadian locations since Jan. 1. THE ASSOCIATED PRESS

Market Minute

DOLLAR
79.78¢ (- 0.20¢)

TSX
15,264.05 (+ 29.71)

OIL
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VOICES

HOW WE'RE TEACHING OUR KIDS NOT TO WALK

What sort of citizens are we creating when we drive our children everywhere?



JAY SMITH

edmonton@metronews.ca

Some time ago, I read my kids 1955's *Beezus and Ramona*. In it, Beezus, an eight-year-old, walks her three-year-old sister to the library. It's not a short walk: they have to cross streets, navigate routes. They run into neighbours. As the parent of a seven and nine-year-old, and as someone who thinks herself pretty laid back when it comes to parenting, I was surprised to find myself, well, surprised by the mores of the 1950s.

I mentioned this to one of the mothers on the playground one day after school. "Of course," she said, "It's just so much more dangerous now." She made the requisite gestures towards child abductions and random acts of violence.

In turn, I pointed out that the chance of your child being plucked off the street by a complete stranger is incredibly low. That most abductions happen within the context of a custody dispute between parents.

And what if someone called child services? Everyone hears the American horror stories about children walking home alone from the park or school who have been taken from their families. Canadians, however, are much more sane.

Take the recent decision in Winnipeg not to charge a woman with child abandonment after she left her six-year-old at home for 90 minutes.

Here, there is no minimum age to leave children alone, although if child protective services get involved, they take into account a child's maturity, ability to access a responsible adult, and the safety of the



We come up with a lot of reasons to say 'Don't Walk' to our kids instead of encouraging it as a means of getting around. TORSTAR NEWS SERVICE FILE.

circumstance they're in.

Parents must also anticipate "the perception of those who the child may come into contact with that the child is being left alone (...) and how others may react to the situation."

This is the clincher for me: Whether your child is old enough to walk somewhere alone means acknowledging this irrational anxiety that children are safest

when they're being driven everywhere.

And why wouldn't they be driven?

There's the yellow bus, which isn't free and, frankly, isn't effective. For us, a mile from school, the yellow bus trip takes between 45 minutes and, on bad weather days, an hour and a half. Compare that to a 20-minute walk, a 10-minute bike — or a three-minute drive.

So just go by any school at dismissal

DO YOU HAVE A TRANSIT IDEA?
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time and witness the traffic jam. The cars illegally parked on sidewalks and in 'no parking' zones. But what sort of citizens are we creating? What sort of communities? And why are we doing this?

For us, after the rush of getting out of the house, the walking or biking to school is a special time for us to be outside, relax, and spend time together. We meet our neighbours. It's an act of defiance to car culture, showing trust in our streets and our community.

And I do let them play in the neighbourhood. One day last summer, I sent my son over to his dad's house, about a block from our house.

I called over to say that our son was heading over. Ten minutes later, his dad called me back to say he hadn't yet arrived, so I went out to find him.

Just beyond the sight lines of my front porch, he was standing and talking to another dad and his two kids. Of course, I assumed, the dad was grilling my son for being out by himself. I hurried over, expecting to have to apologize. But when I got over, it turned out they were just caught up in conversation.

Jay Smith is a writer who has cycled, walked and run on Edmonton's streets and pathways her entire life. Her status as an alt-transit diehard includes raising her two kids without a car (or a licence) until last year.

You can Meet a Muslim Family, but don't stop there



DEENA DOUARA

readers@metronews.ca

Ever wondered why Muslims don't eat pork? Dying to understand what "Allahu Akbar" really means? Well, thanks to a national campaign that launched Sunday, you can ask a real live Muslim near you these burning questions and more!

Ahmadiyah Muslims (a minority sect of Islam) will for the next couple weeks invite strangers into their homes to dispel misconceptions about Islam.

There are some obvious concerns with the Meet a Muslim Family campaign, encapsulated by this tweet: @ShebaSid: "I feel like the next step is a zoo full of Muslims. You can poke and prod us and coo at us. Throw us a piece of meat. #MeetAMuslimFamily #WTF"

As a Muslim myself, I can relate. But in the context of a country where many

people — even in urban areas — find us no less exotic than wallabies (and considerably more violent), it's laudable that some in the community are being proactive.

Last week's outrageous incident of a Quebec judge refusing to hear a woman's case because she was wearing a head scarf demonstrates a need to educate the public on how the hijab, for example, is a bit different than sunglasses (and also not a sign of oppression — but that's for a different article).

In light of all the false information propagated by both critics of Islam and by the terrorists who've perverted it, if Muslims wish to organize campaigns or stunts that find them holding signs inviting passersby to meet or hug them, well, it's understandable.

However, a note of caution with these campaigns, illustrated with this anecdote:

In discussing a novel with a group of friends recently, I explained my shock at descriptions of Mennonite youth having

Hug me, I'm Muslim

In light of all the false information propagated by both critics of Islam and by the terrorists who've perverted it, if Muslims wish to organize campaigns or stunts that find them holding signs inviting passersby to meet or hug them, well, it's understandable.

sex, doing drugs and acting like "normal" rebellious teens. A friend interjected: "Oh no, they're not like that at all! I lived with one in university, and they are very strict and pure."

My friend not only met a Mennonite, she lived with a Mennonite. And that is how she understands anything to do with them. The problem with Meet a Muslim Family is that no one person could possibly speak

for a group that's composed of more than a billion and a half people worldwide. Some Muslim families pray together, others drink together. Some can take four hours explaining why we're meant to pray five times a day, others would say little more than, "It's one of the pillars."

While non-Muslims proactively seeking knowledge is noble, realistically, our communities cannot expect that. "Educate yourselves" is not a fair proposition. For better or worse, people develop impressions through those they know, and the onus is on Muslims to be open about their faith with neighbours and colleagues, mix in with other communities and be vocal in the face of false, misleading or offensive rhetoric.

So sure, go meet a Muslim. But what's better than knowing one Muslim is knowing more than one Muslim.

Deena Douara is a Toronto-based freelancer and communications consultant. @Deena_Do

News flash: Cameron likes sex, hates Twitter

Newlywed Cameron Diaz has an exciting new workout routine for you to try, but just don't expect her to release a video for it. Diaz decided it was about time she took a firm position on the topic of sex.



"It's something healthy that we need to be doing for many different reasons," she tells *Cosmopolitan*. Also healthy? Exercise. "People say, 'My body rejects exercise.' No, it doesn't. Your mind rejects exercise." Whoa. Oh, and while she's imparting so much wisdom, Diaz also wants to talk about moderation.

"Well-being is an equation," she intones. "Remember, you don't have to have the whole cake, you can have a piece." So go ahead, eat that piece of cake.

But it's not all positivity and sunbeams in Diaz's latest treatise on the lives of the healthy. She also admits there are some things she doesn't like. For instance, Twitter.

"I think social media is a crazy-ass experiment on society," she says. "The way people use it to get validation from a bunch of strangers is dangerous. What's the point?" Says the woman on the cover of a magazine talking about her sex life.

What it takes to get Kanye to Oxford

Kanye West gave a lecture at Oxford University Monday because obviously, right?

He's all about the speeches these days. But what did it take for the Oxford Guild Business Society to get Yeezus at the lectern?

"Many hours negotiating against the odds," according to Guild chairman Abbas Kazmi. But was it worth it?

According to live-tweeting by students attending the event, totally. He offered some gems like, "Why I say the Matrix is like the Bible and what is my definition of the Matrix?" and "We have the ability to approach our race like ants, or we have the ability to approach our race like crabs." Oh, and: "Obama calls the home phone, by the way."



Taylor Swift ALL PHOTOS BY GETTY IMAGES

Gossip
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METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Baby helps Swift shake off Perry beef

Taylor Swift has a new job. Jamie King took to Instagram to announce that she'd nominated the Shake It Off singer to be the godmother of her second, yet-to-arrive child. "Taylor Swift will forever be watching over our new baby," King wrote. Swift herself posted a photo of communing with King's pregnant tummy.

And it's good that Swift has a new gig, since she's apparently shying away from her

old job of feuding with Katy Perry. In a lengthy chat with the Telegraph, Swift vows not to mention Perry anymore, so stop bringing her up, OK?

"I'm not giving them anything to write about," she says when asked about Bad Blood, her song allegedly about Perry. "I'm never going to talk about her in my interview. It's not going to happen."

Fine, whatever. But she will talk about her love life. Or the

lack thereof. "I'll probably still be single" at 30, she predicts. "Let's be honest. No one's going to sign up for this and everything that goes with it. 'Hi, nice to meet you, want a date? Do you love camera flashes? I hope you do!' I don't know what's going to happen if I'm ever content in a relationship — no idea how that's going to work. I don't even know if that's possible with the life I have."

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Looking to the future by Chasing Yesterday

New album. Former Oasis man Noel Gallagher is loving life as a solo artist

Former Oasis star Noel Gallagher is putting his past behind him, releasing a new solo album, ruling out a reunion with his brother Liam and even being nice about one-time arch-rivals Blur.

Oasis split five years ago after nearly two decades of fractious sibling rivalry between guitarist Noel and his younger brother Liam, the band's frontman.

"I haven't seen him for about five months but we text quite a lot.

"It's usually him insulting me," laughs Gallagher, during an interview in London.

Liam's post-Oasis band Beady Eye recently broke up as well but he is quick to dismiss any suggestion of a reunion with his 42-year-old brother.

"The answer is no," he says.

His new album Chasing Yesterday, his second since the band split, is released on March 2 and features his signature combination of layered guitars and elliptical lyrics.

The star is full of enthusiasm for the life of a solo artist.

"It's more rewarding, it's more fulfilling. I like being in charge of everything," he says.

"I just write songs and I collect the songs together



In a recent interview, Noel Gallagher was quick to dismiss a reunion with his brother Liam. AFP

and I make an album out of them."

Gallagher is now a 47-year-old family man with three children who is more likely to be found watching his beloved Manchester City than indulging a rock 'n' roll lifestyle.

His legendary bile towards musicians whose work he does not rate has not diminished with age.

"Beyoncé, not for me. My wife loves her but she's got no taste. Katy Perry? Even my daughter hates her and she's 15. Sam Smith? Not for me," he says.

"Traditional rock stars are like wild animals — Mick Jagger or my brother," he adds.

"They don't give a f—. Modern rock stars, Alex Turner (of Arctic Monkeys) or Sergio from Kasabian, they do give a f—, they

care about their hairstyle, they care about what they think."

He is more forgiving towards Oasis's old Britpop rivals Blur, who this month announced their first new album in 12 years, The Magic Whip.

"I think it will probably be very good if it in any way represents what Damon (Albarn, Blur's frontman) has been doing recently," Gallagher says.

"Old groups are great but what really lets old groups down, they don't f—ing write good songs any more."

He does not even rule out working with Albarn in future.

"I would like to. We're both gonna be busy boys for the next couple of years. But you never know," he says.

AFP

Fertility myths debunked

Trying to get pregnant? An expert sets the record straight on a few widespread misconceptions

EMILY LAURENCE
Metro in New York City

Whether you're trying to get pregnant now or you want to have kids in the far-off future, educating yourself about fertility can only help your case. "If you want a good outcome, you need to be thoughtful about what information out there can help you," says Dr. Jamie Grifo, director of the New York University Fertility Center and co-author of *The Whole Life Fertility Plan*. Here, he helps expose some myths surrounding fertility.

Myth #1: Being on the pill now will hurt your chances of getting pregnant later.

Dr. Grifo says this is a huge misconception people have for two reasons. The first is that it can take anywhere from three months to a year for a woman's menstrual cycle to get back to normal.

"It's harder initially (to conceive), but there's no measurable impact on fertility," Dr. Grifo says.

"Another reason for this



Educate yourself about fertility before you try to have a baby. iSTOCK

myth is that a lot of women are on the pill until their late 30s and then have trouble getting pregnant," Dr. Grifo says. "But the pill has nothing to do with it. They'd have the same problem if they had never been on the pill. (It's really because) it's harder to get pregnant after a certain age."

Myth #2: You shouldn't think about fertility until you're absolutely ready to have a baby.

If you are a woman over 30, Dr. Grifo says you need to start thinking about if and

when you want to be a mom now, when there are more options available to you.

"It breaks my heart when a 44-year-old woman sits down in my office completely dumbfounded that she's having trouble getting pregnant," Dr. Grifo says.

Simply educating yourself about fertility is a good place to start. Then you can start weighing your options,

such as if you want to freeze your eggs so you can be your own egg donor later, when you are ready to have a child, though there are several other options as well.

Myth #3: Drinking alcohol will hurt your chances of getting pregnant.

Good news — Dr. Grifo says having three or four glasses of wine a week isn't going to hurt your eggs. Things that may negatively impact your fertility include smoking and too much junk food.

"It's more about treating your body with respect and common sense," Dr. Grifo says, stressing the importance of eating a balanced diet rich in protein and healthy fats, as well as regularly exercising.

Hearing

Your jam could be bad for your ears, WHO says

More than one billion young people risk damaging their hearing through listening to loud music, the World Health Organization (WHO) said on Friday.

The WHO estimates that around half of those between the ages of 12 and 35 in middle- and high-income countries are at risk due to unsafe levels of sound on personal audio devices or smartphones.

Another 40 per cent are at risk from damaging audio levels at concert venues and night clubs.

"More and more young people are exposed to unsafe levels of sounds. Young people should be aware that once you lose your hearing, it won't come back," said Shelley Chadha, a WHO specialist on hearing impairment.

The UN health agency considers a volume above 85 decibels for eight hours or 100 decibels for 15 minutes as unsafe.

Exposure to traffic noise at peak hours can reach 85 decibels.

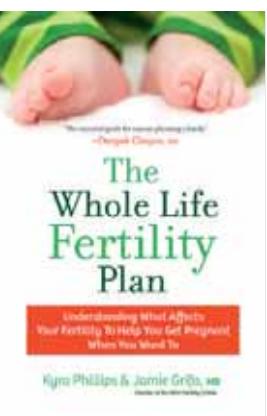
To counter the risks, the WHO recommends personal audio devices not be used for more than an hour a day, and used at reduced sound levels.

The use of earplugs in loud conditions and regular checkups were part of the recommendations as well.

The WHO also wants governments to play a role by imposing strict regulations on noise in public places. AFP



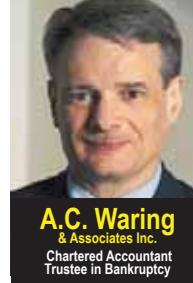
Listen with care, says WHO.
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Healthy eating

Peachy keen on benefits of canned food



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Is canned food allowed back into your healthy gourmet kitchen?

As February was National Canned Food Month and this month is Nutrition Month, I see no reason why the two can't get along.

I already know that I love peaches. I have since I was six, and waiting 11 months for my fix isn't fair, so I do put canned peaches through

their paces especially this time of year.

Canned peaches deliver a promising amount of nutrients that are actually enhanced by the canning process. Vitamin A, folate, lycopene and some anti-oxidants are made more bio-available by the heating and canning process. But the truly impressive nutrient is vitamin E.

Vitamin E is a fat-soluble, anti-inflammatory, anti-aging nutrient that is usually associated with nuts and seeds.

And while those little nuggets are great for you, a small handful is all you can eat each day because of their caloric punch. Fruit

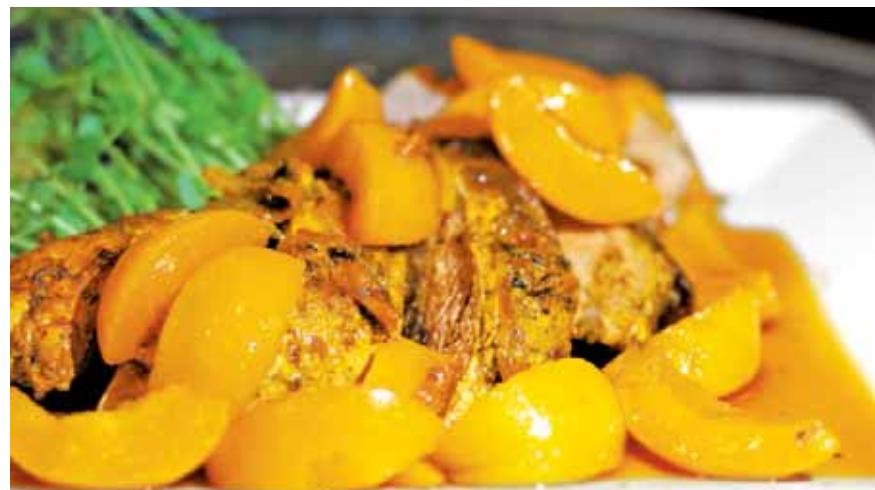
sources, on the other hand, can be layered in without worry and consumed in satisfyingly high amounts.

There is even support that the canning process actually enhances the eye-protecting nutrients of lutein and zeaxanthin, and we know lycopene (present in high amounts in peaches), which helps prevent prostate cancer, benefits from the heating of tomatoes into sauce.



There's no need to wait for fresh peach season when canned peaches pack such a nutrient-rich punch. ISTOCK

Peaches get saucy with pork tenderloin



This recipe serves four. TERESA ALBERT

30 minutes to dinner.

Peach sauce turns a curried pork tenderloin into a sweet surprise

Directions

- Place pork tenderloin in a large freezer bag, combine curry and chili powders, one clove of garlic and olive oil and rub well. Set aside on counter for a few minutes or place in fridge to marinate for up to 24 hours.
- In a small pot, combine juice from clingstone peaches (but set aside peaches themselves

Ingredients

- 1 1.5 pound pork tenderloin cut into 4 equal pieces
- 1 tbsp curry powder
- 1 tsp chili powder
- 2 cloves garlic, minced and divided
- 1 tbsp extra virgin olive oil
- 1 can clingstone peach slices, juice reserved
- 1 cup sweet white wine
- 1/2 cup apple cider vinegar
- Pea shoots for garnish, optional

until later), wine, vinegar and remaining garlic. Bring to a boil and simmer to reduce into a sauce for 10-20 minutes. Stir in peaches and keep warm until pork is cooked.

- Add peach sauce and cook for 5-10 more minutes. Garnish with pea shoots or other herb greens.
- Empty pork into a casserole dish and bake at 400 F for 20 minutes until cooked through to 130 F.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

CONTINUING EDUCATION

Campus connections

It wasn't exactly love at first pass when Kimberly Grattan and her now-husband Andrew Kelly met during a pick-up volleyball game at Brock University in St. Catharines, Ont. Grattan, a first-year kinesiology student, teased the third-year accounting major with a not-so-flattering name and playful banter ensued.

"He was a terrible volleyball player and I was pretty good at the time so I was a little cocky," she says. "But he started playing regularly and all of a sudden I started getting invited to all the volleyball parties through social media. I didn't really realize that it was always him that was inviting me."

Grattan and Kelly are one of many couples who chose to pursue a romantic relationship while in their university or college years. And while not all similar stories end up with a voyage down the alter, campuses are a popular testing ground for serious partnerships.

But are one's post-secondary years the optimal time to enter into a relationship? Susan D. Boon, an associate professor in the department of psychology at the University of



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Alberta, says yes, as long as students manage their expectations.

"Achieving your goals for intimacy are an important part of what people do developmentally at all stages of life," says Boon, who specializes in interpersonal relationships. "You need to be certain that you're willing to devote the time and attention and effort

to relationship. Are you compromising other goals by dedicating that time and energy and attention?"

She says that while these thoughts should be taken into consideration, there is no right or wrong time for finding love. Post-secondary school, in fact, can be a great time to start exploring.

"If you're starting university right out of high school, you're probably not in a settled career or have a high demand job yet — it's a great time to learn and be open. Take the lessons that you do learn and try and gain as much value from the experiences that you have whether positive or negative."

— Elizabeth Bedall



CONTRIBUTED

CERTIFICATE OFFERED ENTIRELY ONLINE

One way to become an agent of change is to become involved in the government.

The national advanced certificate in local authority administration (NACLA) certificate program that's offered at the University of Alberta faculty of extension government studies is a long-running program that is nationally and provincially recognized and is entirely offered online.

Professionals who work for municipal government will find this program highly relevant and applicable.

"This program is primarily designed for the

municipal administrators who are interested in professional development, career advancement and higher level of responsibilities in administration," says Slavinka Osmanagic, government studies, faculty of extension at the University of Alberta.

"The program is also open to individuals exploring the possible career options in local government or transitioning into the local government field."

This program is the only national online one of its kind in Canada and offers a transferable credential across provinces and within several

other local government programs.

"The online delivery allows students to customize their learning activities according to their own schedules so they can continue working during their studies," Osmanagic says.

The NACLA certificate is a two-level program comprised of 12 courses.

Courses are taught by academics and professionals who are experts in their fields and who are familiar with the needs of municipal government administrators.

For more information, visit extension.ualberta.ca/study/government-studies/.

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A man with short brown hair, wearing a pink button-down shirt, is smiling and writing on a whiteboard with a marker. He is in a classroom setting with other students visible in the background. The NorQuest College logo is in the top right corner of the image area.

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Find what works for you at Robertson

Online learning is flexible

Online learning is an important option for people since they may have family, work or other commitments that don't allow them to take traditional classroom courses.

Programs offered through Robertson Online allow people with different learning styles to find what works for them online.

"It allows students the flexibility to continue working while studying for a new career or to upgrade their skills in their current position," says Audrey Blatz, director of Robertson Online. "Whether you are mid-career or just starting out, Robertson Online can help you get the education you need to advance your career or find a new one."

Robertson Online recently added a new business administration program, as well as the project management and logistics supply chain management program.

"There were many requests for students looking to study business administration online," Blatz says. "This program will help you gain a more comprehensive understanding of key business functions like accounting, human resources, marketing and more."

Students will also learn what it takes to work in government, private and not-for-profit organizations.

The logistics and supply chain management program gives students the general business knowledge to work in the supply chain sector. Graduates will be qualified for employment as operations managers, shippers/receivers, purchasing and inventory clerks, purchasing managers, retail and wholesale buyers, to name a few.

And the new project management program can teach the skills needed to effectively manage projects and project teams, all through the convenient schedule of online learning.

Financial aid is available for students of most Robertson Online programs.

"Robertson College has financial aid officers who will walk you through all the options," Blatz says. "There is a solution for every situation and scholarships are also often available."

For more information or for list of online programs, visit robertsoncollege.com/irobertson-online-training.aspx.

DIVING IN WITH BOTH FEET

For many people, being a globe-trotting competitive diver with a rigorous training schedule, numerous titles under their belt and a major shot at competing in the 2015 Pan Am Games would be enough to satisfy an appetite for accomplishment.

Cody Yano, 23, however, is showing no signs of slowing down.

"I'm working toward my marketing degree at the Northern Alberta Institute of Technology," says Yano, who finds time to train seven days a week between classes and assignments.

While the school doesn't offer programming specifically tailored to competitive athletes, Yano says that after a few bumps in the road he has been able to form a schedule that works for both him and his professors.

"I've had times where I'm trying to take on too many classes and my diving starts to struggle or school starts to struggle," Yano says.

He insists that finding one's personal balance is key for students hoping to dive into the same world.

"Classes will come first over diving for me," he says. "I'm going to be able to dive for so long, and I'd like to do my best while I can and then I can move onto the working world."

Yano says the long hours and hard work have been worth it.

"Even at this point I've experienced so many things people will never get to experience in their life. I'm looking forward to what the future holds."

— Elizabeth Beddall



Cody Yano. CONTRIBUTED



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Help build the future as a computer-aided drafter

Visit Digital School's open house Thursday

You don't need prior experience to become a successful computer-aided drafter (CAD) through training at Digital School Technical Design College.

"CAD is great for the diversity of career

options and workplace settings," says Charles Jarvis, general manager of Digital School. "Everything designed, manufactured or constructed needs CAD techs to work alongside engineers and architects."

To learn more about a career in CAD, Digital School will be hosting an open house on Thursday from 2-8 p.m.

Jarvis says this is an excellent opportunity for individuals to stop by and learn more

about Digital School, the facility, and meet with instructors and faculty.

"Find out how career college training starts with the basics of computer skills and drafting elements," Jarvis says. "Training with industry experts, learn the full skill set to assist engineers and architects as they design and build our futures."

"CAD is a unique career with a fascinating skill set that can be learned from Digital School in less than one year."

There is still time to get started on a new career in the field of computer-aided design at Digital School. Digital School is still enrolling for classes beginning March 30.

For more information about Digital School, visit digitalschool.ca.

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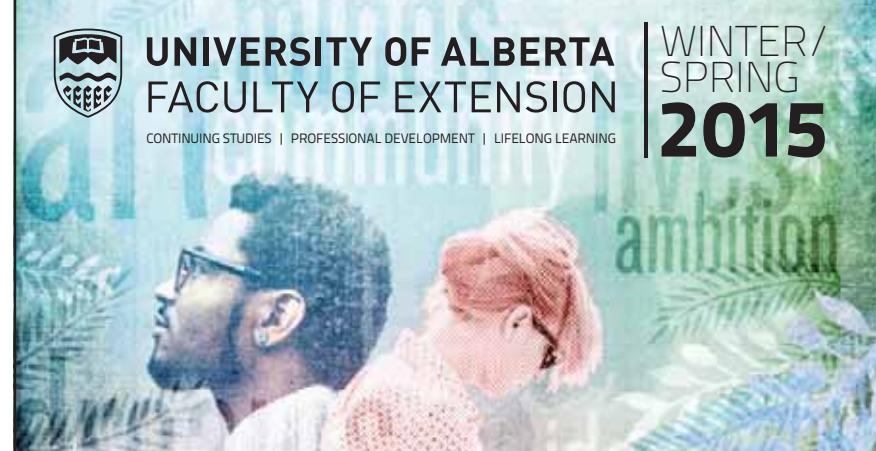
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Grant helps train employees at NorQuest College

The Canada-Alberta Job Grant helps employers train employees in the advanced skills workplaces need by paying two-thirds of eligible training costs. This provides a great opportunity to take advantage of NorQuest College's workforce relevant programming.

"Employee training results in better performance and productivity," says Mike Mason, manager of business development. "We can provide training for dedicated larger groups on a schedule of their choosing or to individual employees through regularly scheduled programming."

Grant-eligible training helps businesses and not-for-profit organizations diversify employee skills, enhance engagement, and boost the bottom line. Whether it is increasing technical, managerial, or interpersonal skills, NorQuest delivers both scheduled continuing education and customized corporate training.

"Our courses and programs are scheduled now through the end of June 2016," Mason says. "Employers can call us, get a schedule, and then start planning their training for the year."

Organizations of all sizes can access the grant. NorQuest College's knowledgeable staffers will assist with grant applications, and facilitate the communication between the employer and the Alberta Ministry of Jobs, Skills, Training, and Labour.

To be eligible, training must be based on advanced skills required in the workplace, be a minimum of 25 hours in length, and result in a completion certificate or other credential.

For more information, see norquest.ca/CAJG.



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Active body can sharpen your mind

It's February and that new year's resolution to get your body in motion seems to be jogging further away — smothered under the heaps of snow that have gathered outside your dorm window. But as with all hard workers, being engaged in physical activity can have a direct impact on your well-being.

"Being active helps produce a hormone called endorphins, which gives us a sense of euphoria," says Elaine Chin, MD and chief wellness officer for Telus. "Getting outside to get more sunlight helps us all feel better."

Chin says that while this time of year can wreak havoc on our physical resolve, it's important to find a way to ignite that fire. She says the simple monitoring of motion can be the first step in effecting change.

"Knowing your numbers can trigger a change in behaviour," she says, pointing to the Fitbit Charge or Samsung Gear Fit as devices that record the wearer's physical activity. "Wearables and health-monitoring apps can help give young people more control and insights to effectively manage their health."

Are you still wondering where to begin?



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Chin suggests that in regard to walking, a healthy amount of steps should be in the range of 8,000 to 10,000 per day.

"Once we know our baseline, we can challenge ourselves to hit or exceed goals per day and, in turn, start to see better results and feel better."

— Elizabeth Beddall

MEETING THE DEMANDS OF THE MARKETPLACE

ACADEMY OF LEARNING

Academy of Learning Career College provides individuals with the training they desire without having to wait until September.

The Academy of Learning meets the needs of students, as well as the employers who hire them.

"Academy of Learning always strives to meet the demands of the marketplace, meeting employer needs with skilled graduates seeking rewarding careers," says Charles Jarvis, general manager, Academy of Learning.

To meet the demands of the market, Academy of Learning is offering students two new programs, including the community service worker with addictions worker specialty.

"This program is perfect for the current workforce, taking students less than a year to complete, and providing necessary skills to work in community and support work," Jarvis says.

These trained professionals assist clients to deal with personal and social problems. Graduates program may be employed by social service and government agencies, mental health agencies, group homes, shelters, substance abuse centres, school boards, cor-



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rectional facilities, and other establishments.

Academy of Learning is also introducing a new computer business applications program that is designed to provide essential business and office skills, and computer applications for administrative positions in a wide variety of fields and companies.

For more information, please visit academyoflearning.ab.ca.



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Trading Petry part of MacT's 'big picture'

NHL. Oilers involved in just one deal at trade deadline; stockpile draft picks

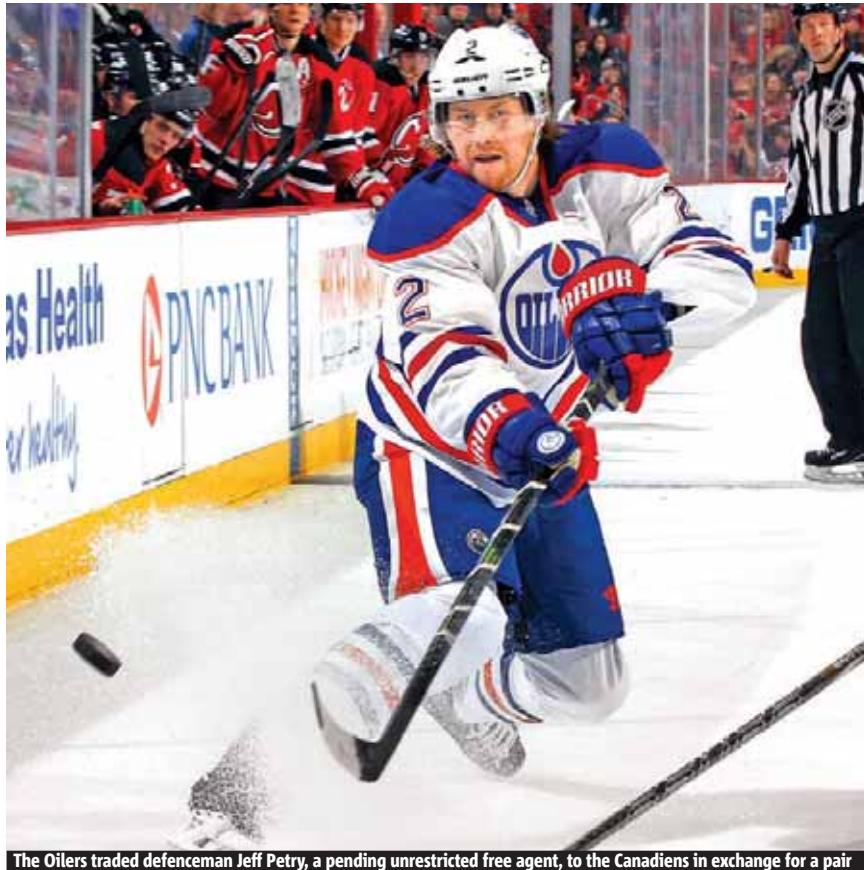
Reality forced the Edmonton Oilers to trade Jeff Petry in their one selling move at the trade deadline.

Languishing at the bottom of the Western Conference, the Oilers sent the pending-free-agent defenceman to the Montreal Canadiens for a 2015 second-round pick and a conditional fifth that could end up being as high as a third.

"As well as Jeff played all year, we can't lose sight of the big picture here," general manager Craig MacTavish said at a news conference Monday. "We can't lose sight of the fact that we're the 29th team in the league, and we have to handle our assets appropriately."

The 27-year-old Petry wasn't coming back next season, so MacTavish had no choice but to deal him. Canadiens GM Marc Bergevin said he and MacTavish talked off and on about Petry for a couple of months.

MacTavish was hoping that the price could be as high as a first-round pick when the Los Angeles Kings sent their top choice and a prospect to the Carolina Hurricanes for defenceman Andrej Sekera,



The Oilers traded defenceman Jeff Petry, a pending unrestricted free agent, to the Canadiens in exchange for a pair of draft picks. GETTY IMAGES FILE

but at best Edmonton will get a second-round pick and a third-rounder only if Montreal makes it to the Eastern

Conference final.

"We knew what we were looking for and we set the price and at the end of the

day we were able to get the deal done," Bergevin told reporters in San Jose.

The Oilers now have two

Quoted

"He just kind of was playing the game and playing as well as he can and obviously playing at a level that made him very attractive for some teams that want to make a push during the playoffs."

Oilers captain Andrew Ference on Jeff Petry

first-round picks (theirs and Pittsburgh's from the January trade for David Perron), two second-round picks (theirs and Montreal's) and two third-round picks (theirs and Ottawa's from the 2014 deal for Alex Hemsky).

In the wake of trading Petry Monday, MacTavish said it's important to evaluate this team down the road, not immediately.

"I think we're considerably better. Exciting times for the organization to have as many draft choices as we do going into the next draft," he said. "We have enough picks to potentially fill some of our obvious holes going forward."

Defence remains a hole after sending Petry to the Canadiens. The club also announced that blue-liner Keith Aulie cleared waivers, as expected. THE CANADIAN PRESS

Monday movement

• Minnesota F J.Knight	Boston F Z.Phillips
• Anaheim F M.Sgarbossa	Colorado D M. Clark
• Anaheim F K.Holzer	Toronto D E.Brewer 2016 5th rounder
• Anaheim D J.Wisniewski 2015 3rd rounder	Columbus F R.Bourque F W.Karlsson 2015 2nd rounder
• Boston F M.Talbot F P.Carey	Colorado F J.Caron 2016 6th rounder
• Vancouver F S.Baertschi	Calgary 2015 2nd rounder

• Minnesota F C.Stewart	Buffalo 2017 2nd rounder
• Pittsburgh D B.Lovejoy	Anaheim D S.Despres
• Montreal F T.Mitchell	Buffalo F J.Nevins 2016 7th rounder
• St. Louis F O.Jokinen	Toronto F J.Lindstrom 2016 6th rounder
• Arizona G D.Leggio	N.Y. Islanders F M.Louis
• Minnesota D J.Leopold	Columbus D J.Falk 2015 5th rounder

• Vancouver F C.Conacher	N.Y. Islanders F D.Jeffrey
• N.Y. Islanders G M.Neuvirth	Buffalo G C.Johnson 2015 3rd rounder
• Colorado F F.Hamilton	San Jose D K.Stollery
• Pittsburgh D I.Cole	St. Louis D R.Bortuzzo 2016 7th rounder
• N.Y. Islanders F T.Kennedy	San Jose 2016 3rd rounder
• Detroit D M.Zidlicky	New Jersey 2016 3rd rounder
• Montreal F B.Flynn	Buffalo 2016 5th rounder

• San Jose F B.Smith	Chicago F A.Desjardins
• St. Louis D Z.Michalek	Arizona F M.Letunov
• Montreal D J.Petry	Edmonton 2015 2nd rounder 2015 5th rounder
• Tampa Bay D B.Coburn	Philadelphia D R.Gudas 2015 1st rounder 2015 3rd rounder
• Boston F B.Connolly	Tampa Bay 2015 2nd rounder 2016 2nd rounder

4 SPORTS

Martin earns positive review catching knuckler

MLB. Toronto native likens Dickey's go-to pitch to a butterfly

Ask Russell Martin what it's like to corral an R.A. Dickey knuckleball and the Blue Jays catcher pauses briefly, trying to capture the experience.

"Have you ever tried to catch a butterfly as it's floating around in the air?" he responded.

"I wish I could put a camera on my mask or something for people to see exactly what the ball's doing," he added. "It's pretty impressive."

Martin got his first in-game experience with the Dickey floater Monday, albeit for just one inning of a low-key intra-squad game.

Dickey issued a walk and Martin had two balls dribble out of his glove, but at no cost. That earned the Can-



Blue Jays starting pitcher R.A. Dickey warms up for with catcher Russell Martin during an intra-squad spring training game in Dunedin, Fla., on Monday. NATHAN DENETTE/THE CANADIAN PRESS

adian catcher a positive review from Toronto manager John Gibbons.

"He's got as good hands as anybody in baseball," Gibbons said of Martin. "That's

one of the reasons he's here. It just looked almost effortless."

Martin, a Toronto native who grew up in Chelsea, Que., wants to catch Dickey

Intra-squad result

1

Just one run was scored as the Grey team beat the Blue squad 1-0 on Mitch Nay's fifth-inning homer off left-hander Juan Oramas.

so he can see as much action as possible. The Jays want their \$82-million US catcher on the field to take advantage of his bat and game management.

Josh Thole has been Dickey's personal catcher in recent years.

Martin said the key to catching the knuckler is focus, tracking the ball as it comes to him. It's hard work, but doable.

"As long as Dickey's comfortable out there on the mound, that's what's most important," he said. "Hopefully he's OK with the way I'm handling it right now."

THE CANADIAN PRESS

NBA

DeRozan soars while Lowry sits

DeMar DeRozan scored a season-high 35 points, Lou Williams had 21 and the Toronto Raptors snapped a five-game losing streak with a 114-103 win over the Philadelphia 76ers on Monday night.

Toronto coach Dwane Casey gave slumping all-star and Philadelphia native Kyle Lowry another night off to rest. It was the Raptors' first win since Feb. 20. They hold the No. 2 seed in the Eastern Conference by one game over the Chicago Bulls. THE ASSOCIATED PRESS



DeMar DeRozan had 35 points, nine rebounds, five assists and two steals on Monday night in Philadelphia. THE ASSOCIATED PRESS

Championship curling

Edmonton women's rink undefeated

Kelsey Rocque's Edmonton rink earned wins over Russia and Sweden on Monday to keep the Canadian women undefeated at the 2015 World Junior Curling Championships.

Rocque, the defending champion, started the day with a 10-3 rout of Russia and followed with a 4-2 victory over the Swedes.

Leading 6-3 heading into the eighth end, Canada ended the game with a steal of four points.

It was a scrappier win against Sweden, where Rocque picked the Swedish shot rock off the button to give her team a two-point lead going into the 10th end. Canada then ran Sweden out of rocks for the 4-2 win.

"The way the score was we decided to keep it (more defensive)," said Rocque. "Sweden's a really good team, so we knew we'd have to keep it close." THE CANADIAN PRESS

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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your
Metro News app for today's
crossword and Sudoku answers.
It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

With luck planet Jupiter so strong in your chart this has to be one of the best times of the year for you. No matter how many occasions you have failed in the past you will succeed now.

♉ Taurus

April 21 - May 21

Don't listen to your own doubts and fears today because they will cloud your mind and prevent you from reaching your true potential.

♊ Gemini

May 22 - June 21

You will make an important decision today, quite possibly the single most important decision you will make for months to come.

♋ Cancer

June 22 - July 23

If anyone tries to push you around or force you in a direction you don't want to go they will soon learn the error of their ways. You are in no mood to take nonsense.

♌ Leo

July 24 - Aug. 23

You will go your own way today, and the more others try to persuade you to be cautious the more risks you are likely to take.

♍ Virgo

Aug. 24 - Sept. 23

The more you try to break free of restrictions the more they seem to hold you back. Make an extra special effort to regain your independence.

♎ Libra

Sept. 24 - Oct. 23

You won't hesitate to get involved in some kind of dispute today, even if it has nothing to do with you. Make sure you know your facts.

♏ Scorpio

Oct. 24 - Nov. 22

If you feel the need to change the way you do things now is the time to be a bit more adventurous and try out new methods and routines.

♐ Sagittarius

Nov. 23 - Dec. 21

No matter how many barriers or obstacles you have to deal with today you will overcome them all with ease. It's not often it's as good as this, so make the most of it and do something special.

♑ Capricorn

Dec. 22 - Jan. 20

Some kind of upheaval will take place today. However, this particular upheaval comes with an opportunity attached. You could make some money.

♒ Aquarius

Jan. 21 - Feb. 19

Someone wants to repay you for all the kindness you have shown. It will make them feel good to do you a favour.

♓ Pisces

Feb. 20 - March 20

You know what you want and you know how to get it and anyone who stands in your way won't be standing for long. Every now and again you go right the other way and just take what you desire.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Muscle cramps
- Male swan
- Yukon village near the Alaska border
- Quieten: 2 wds.
- Mr. Vigoda
- Exterior tap connection
- Amusement gallery
- "__ Door" (Canadian children's show)
- Tilt
- Of superior quality
- From one side only in law: 2 wds.
- Mould makers
- Decorative
- Verifiable
- Ones who rudely make their way through crowds
- Lion, when communicating
- Outlandish
- "Sure."
- LED = Light-Emitting __
- Abrupt arrival
- Heeled hero
- Pond guck
- Stellar
- Cheap
- Press
- Hour: Italian
- Halifax singer, Rich __: His current album is called 'Ephemeral'
- Idina Menzel's role in Broadway musical Wicked
- Send forth
- Big quantity

- 50
- 51
- 52
- 53
- 54
- 55
- 56
- 57
- 58
- 59
- 60
- 61
- 62
- 63
- 64
- 65
- 66
- 67
- 68
- 69

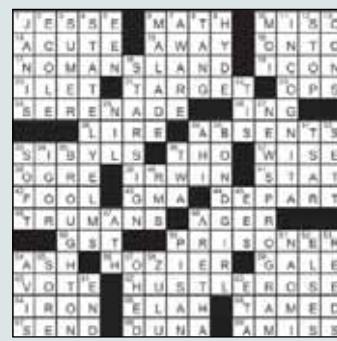
- "The Apprentice-ship of Duddy Kravitz" (1974) character

Down

- Sedimentary rock
- Laundry detergent brand
- Guild for songwriters, e.g.
- First two syllables of Woodstock's doo-wop group
- Earth-turned-wet
- Phantom
- Organized+crime boss
- Orchestra member
- Hudson Bay archipelago, __ Islands
- __ - Aviation (Corporate air charter provider in Saskatchewan)
- Fall asleep, with Off
- Mount __ (Volcano of Japan)
- Become
- Particular parrot

- British actor Mr. Cavill
- Theatrical gigs
- Mr. Flynn
- Montreal: Mount Street = __ la Montagne
- Parched periods
- "Why don't you take __?" (There are chairs everywhere)
- Beam
- Weight amount
- Play the ukulele
- Alberta: Grande Prairie's bird symbol, __ Swan
- Swan Lake character
- Exfoliating facial cleanser
- Sea hunter's weapon
- Can give input to the decision: 3 wds.
- Northern Africa expanse
- Building wing
- Treat the sprain once more
- "__ in Love" by 10cc
- 7, or 9
- Songwriting team, Cahn__
- Eve's beau
- Objectionable word
- Royal symbol
- Toronto attraction, __ Khan Museum
- Phone's 8 letters

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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